

# DINNERLY



## Reduced-Carb Mexican Chicken Soup with Tomato and Baby Spinach



25 minutes



2 Servings

Just think: in 25 minutes or so, you could be curled up on the sofa with this nourishing bowl of soup. It's made from a healthy mix of chicken and veggies in a broth seasoned with Mexican spices – and it's all cooked in one pan!



### WHAT WE SEND

- 1 carrot
- free-range chicken thigh fillets
- 2 chicken-style stock cubes
- 5g Mexican spice blend <sup>17</sup>
- 400g diced tomatoes
- 50g baby spinach leaves

### WHAT YOU NEED

- 2 garlic cloves
- 625ml (2½ cups) boiling water
- 1 tbs olive oil

### TOOLS

- medium saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

### ALLERGENS

Sulphites (17). May contain traces of other allergens.

### NUTRITION PER SERVING

Energy 365kcal, Fat 17.9g, Carbs 15.8g, Proteins 31.6g



#### 1. Prep ingredients

Finely chop the **unpeeled carrot**. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**. Crumble the **stock cubes** into a heatproof jug, add **625ml (2½ cups) boiling water** and stir to dissolve.



#### 2. Brown chicken

Heat **2 tsp olive oil** in a medium saucepan over medium-high heat. Cook the **chicken**, stirring, for 2-3 mins until browned. Remove from the pan.



#### 3. Soften carrot

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **carrot**, stirring occasionally, for 5 mins or until softened. Season with **salt and pepper**. Add the **garlic** and **2 tsp Mexican spice blend** (see Make it yours) and cook, stirring, for 30 secs or until fragrant.



#### 4. Simmer soup

Add the **chicken** and resting juices, **tomatoes** and **stock** to the carrot mixture and bring to a simmer. Reduce the heat to low and cook, covered, for 10 mins or until the chicken is cooked through.



#### 5. Serve up

Stir the **spinach** into the soup, then remove the pan from the heat and stand until the spinach is wilted. Taste, then season with **salt and pepper**. Divide the **soup** among bowls and enjoy!



#### 6. Make it yours

Our Mexican spice blend has a mild chilli kick, so reduce the amount if you want to avoid the heat.